

SeniorCare Regular HDM Menu September 2026

Monday			Tuesday			Wednesday			Thursday			Friday		
			1 Fresh Pasta w/ Bolognese Sauce (490) Zucchini & Summer Squash (11) Garlic Knot (120) Cantaloupe Wedge (7)			2 Cold Plate Chicken Salad (149) White Bean & Tomato (352) Tossed Salad w/ Italian Dressing (123) WW Dinner Roll (170) Chilled Peaches (6)			3 Roast Chicken w/ Gravy (149) Mashed Potato (109) Peas and Carrots (75) Oatmeal Bread (142) Mixed Fruit (3)			4 Taco Style Ground Beef (104) Mexican Rice (52) Spiced Black Beans (122) Corn Tortilla (190) Mandarin Oranges (7)		
			Cal 847	Carb 104	Na 765	Cal 599	Carb 70	Na 937	Cal 797	Carb 84	Na 614	Cal 897	Carb 127	Na 600
7 LABOR DAY			8 Chicken w/ BBQ Sauce* (532) Mac & Cheese (351) Dilled Carrots (56) Hawaiian Roll (80) Pineapple Cup (1)			9 Cold Plate Tuna Salad* (501) Couscous Vegetable Salad (137) Broccoli Slaw (117) Whole Wheat Pita (152) Strawberry Swirl Pudding (156)			10 Summer Harvest Special Apple Cider Roast Pork Tenderloin (74) Sweet Potato Wedges (187) Baked Stuffed Tomato (175) Artisan Roll (165) Lemon Bar (82)			11 Baked Ziti w/ Meat Sauce (430) Italian Vegetable Blend (26) Vienna Bread (96) Chilled Pears (5)		
			Cal 727	Carb 84	Na 1156	Cal 813	Carb 93	Na 1068	Cal 837	Carb 98	Na 818	Cal 937	Carb 111	Na 694
14 Chicken w/ Tetrzzini Sauce (381) Pasta Parmesan (132) Glazed Carrots (124) Mixed Grain Bread (128) Fresh Orange (0)			15 Braised Beef & Mushrooms (161) Mashed Potato (109) Zucchini & Summer Squash (11) Whole Wheat Bread (125) Orangesicle Parfait (53)			16 High Sodium Day Reduced Sodium Hot Dog* (540) Baked Beans (206) Onions and Peppers (43) Hot Dog Roll (210) Ambrosia (20)			17 Cold Plate Tarragon Turkey Salad (171) Red Potato Salad (53) Tossed Salad w/ Italian Dressing (123) WW Dinner Roll (170) Pineapple Cup (1)			18 Chicken Meatloaf w/ Gravy (366) Mashed Potato (109) Peas and Carrots (75) Whole Wheat Bread (125) Choc Chip Cookie (210)		
Cal 1120	Carb 110	Na 901	Cal 618	Carb 68	Na 596	Cal 819	Carb 95	Na 1235	Cal 589	Carb 55	Na 655	Cal 782	Carb 98	Na 1021
21 Hamburger w/ Onion & Cheese (321) Oven Fries (6) Confetti Coleslaw (165) WW Sandwich Roll (227) Brownie (176)			22 Cold Plate Egg Salad (135) Potato Salad Vinaigrette (29) Carrot Raisin Salad (113) Whole Wheat Roll (210) Vanilla Pudding (170)			23 Herbed Chicken (100) Olive Feta Tomato Farro (295) Garlic Green Beans (2) Mixed Grain Bread (128) Fresh Cantaloupe (7)			24 Cheese Ravioli w/ Marinara Sauce (264) Broccoli & Cauliflower (15) Vienna Bread (96) Chilled Mixed Fruit (3)			25 Pineapple Pork (329) Coconut Rice (51) Asian Vegetable Blend (36) Hawaiian Roll (80) Seasonal Fresh Fruit (0)		
Cal 1039	Carb 100	Na 1032	Cal 744	Carb 98	Na 793	Cal 814	Carb 78	Na 669	Cal 579	Carb 90	Na 514	Cal 930	Carb 99	Na 632
28 Baked Fish w/ Crumb Topping (412) Florentine Rice (56) Green Beans (9) Oatmeal Bread (142) Mandarin Oranges (7)			29 Chicken Stir Fry (498) Vegetable Fried Rice (207) Sesame Cabbage (93) Hawaiian Roll (80) Chocolate Pudding (124)			30 Cold Plate Chef Salad w/ Ham & Ranch Dressing* (640) Beet Salad (167) Snowflake Roll (136) Fresh Cantaloupe (7)			Totals include entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams noted in parenthesis. *High sodium item (over 500mg) Menus Subject to Change without notice A \$2.00 confidential donation is suggested per meal. To Cancel Meals: call 978 281-1750 at least 2 days before service.					
Cal 739	Carb 104	Na 762	Cal 747	Carb 86	Na 1139	Cal 578	Carb 48	Na 1087						